

MONITORING YOUR MENTAL HEALTH

There are various mental health conditions that can negatively affect your mood, thoughts, and behavior. Left unchecked, these issues can be physically debilitating and even life-threatening.

Although each condition has its own symptoms, common signs may include:

- Struggling to cope with daily problems or stress
- Confused thinking or reduced ability to concentrate
- Withdrawal from friends and activities
- Feeling excessively sad or down
- Significant tiredness, low energy or problems sleeping
- Excessive fears or worries, or extreme feelings of guilt
- Performing physical or mental “rituals” because of anxiety or fear
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Trouble understanding and relating to situations and to people
- Compulsive use of alcohol or drugs
- Detachment from reality (delusions), paranoia or hallucinations
- Major changes in eating habits
- Excessive anger, hostility or violence
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, or vague and ongoing aches and pains)
- Suicidal thoughts or ideation (call or text 988 if you need help now)

Mental health conditions are treatable. If you are experiencing any of these symptoms, reach out to your primary care physician or a mental health professional.

The sooner you get help, the sooner you can improve your mental health and your overall well-being.

